



MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN PUBLIC HEALTH.

PPH 415: CONTRACEPTIVE TECHNOLOGY AND FAMILY PLANNING

DATE: 21/10/2020

TIME: 8.30-10.30 AM

INSTRUCTIONS

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is **COMPULSORY**
- The question is **30 marks**

QUESTION ONE (30 MARKS)

- Explain the social benefits of family planning (3 marks)
- Describe logistics management in family planning (3 marks)
- Explain the limitations of the use of intrauterine devices for family planning (3 marks)
- Outline instructions following initiation of combined oral contraceptives. (3 marks)
- Explain the non-contraceptive benefits of progestin only pills (3 marks)
- Highlight the types of assessment carried on to a family planning client (3 marks)
- Contrast the eligibility criteria for depo provera and combined oral contraceptives(3 marks)
- Outline the phases of counselling in family planning (3 marks)
- Explain the mechanisms of action of intrauterine contraceptive device. (3 marks)
- State the precautions to be taken when using a diaphragm for contraception. (3 marks)

SECTION B:

Specific Instructions

- **This Sections has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

QUESTION TWO (20 MARKS)

- a) Client H fully adherent on combined oral contraceptives conceives. Analyze the possible drivers to the conception. (8 marks)
- b) Describe the menstrual cycle and how it is affected by the progestin only pills. (12 marks)

QUESTION THREE (20 MARKS)

- a) You have received a new client who has not used any family planning method before. Describe the balanced counselling strategy plus to be applied to this client. (10 marks)
- b) Discuss barriers to male involvement in family planning in Kenya. (10 marks)

QUESTION FOUR (20 MARKS)

- a) A 12-year-old school girl is criticized by her classmates who found contraceptive pills in her closet. She is devastated and considers stopping use of the prescription pills. You are to provide a school health talk on contraceptive pills. Discuss the areas you will focus on. (12 marks)
- b) Discuss the challenges in the use of sympto-thermal method of contraception. (8 marks)

QUESTION FIVE (20 MARKS)

- a) Client H has a history of deep venous thrombosis and is worried about using family planning methods. Discuss the assessments required and the family planning methods she could safely use. (12 marks)
- b) Young adults are known to abuse emergency contraception. Discuss the possible factors leading to the abuse. (8 marks)